

Life Fitness 90X, 93X, 95X, and 97X Cross-Trainers

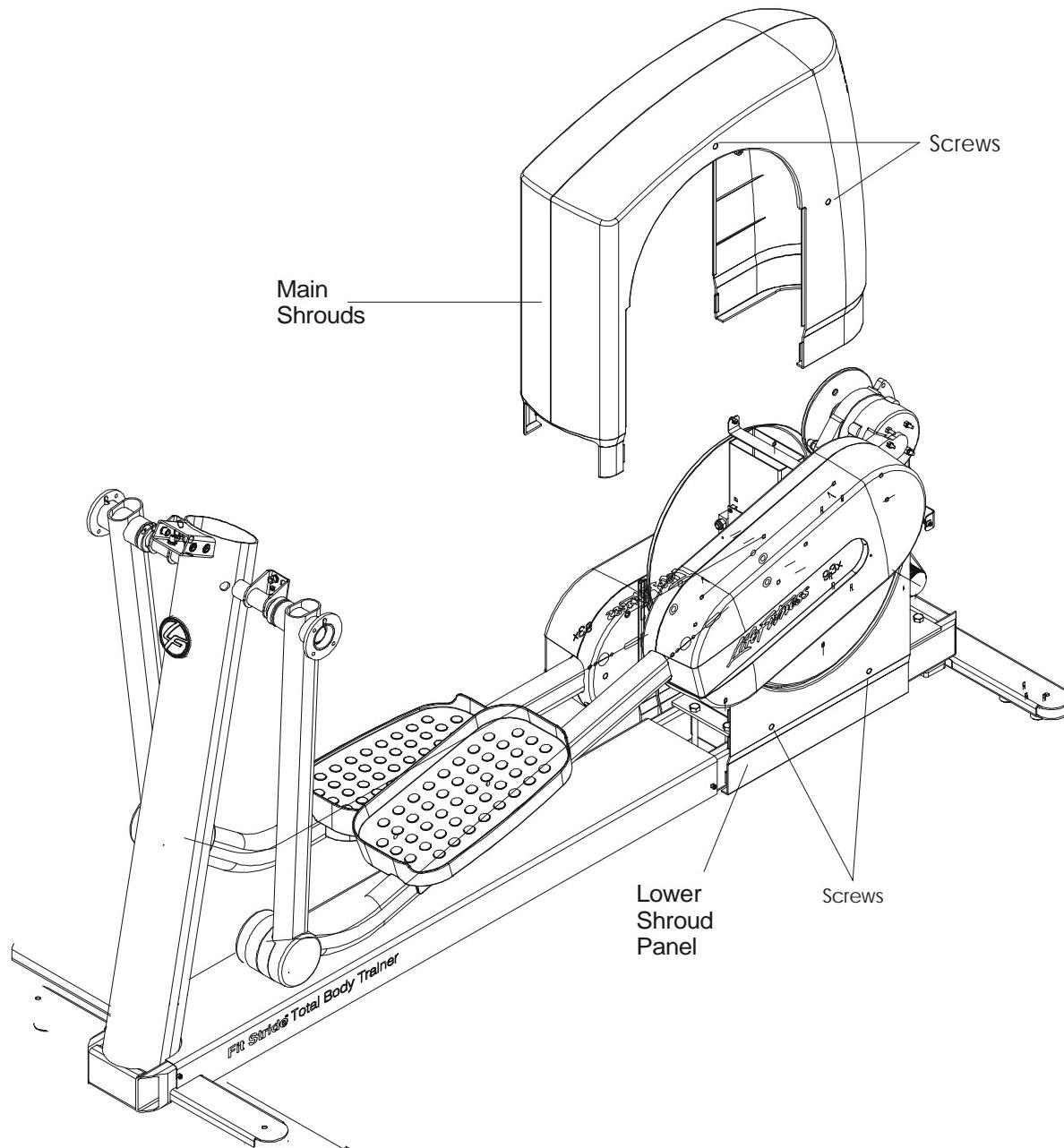
How To...Replace Crossover Shaft & Bearings

Service Kit: GK62-00002-0002

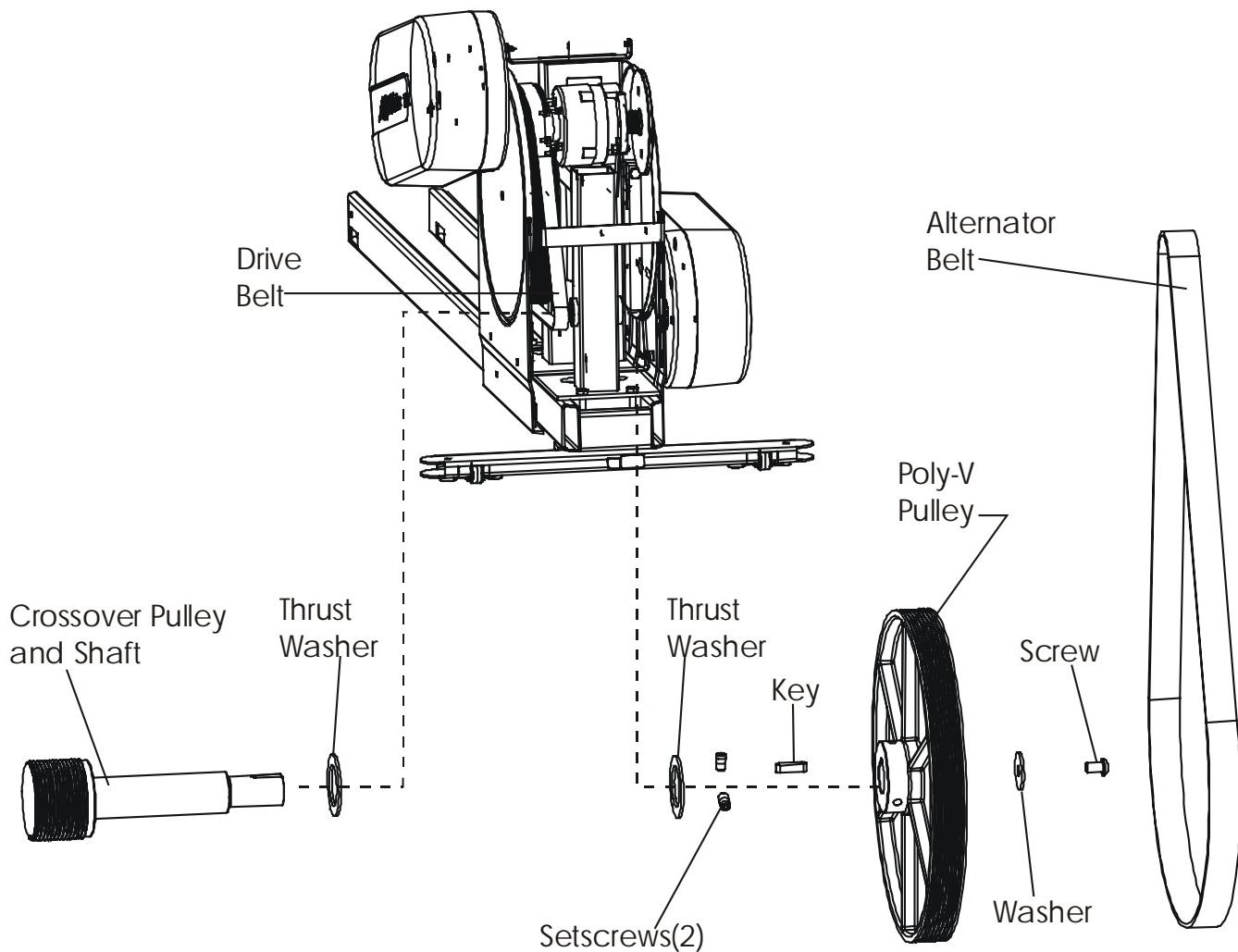
Special Service Tools: Crank Bearing Removal and Assembly Puller – BEARINGTOOLKIT

Note: Replace the Crossover Shaft at the same time Bearings are replaced.

1. Remove the screws securing Main Shrouds to frame. Two screws per shroud.
2. Remove the screws securing Lower Shroud Panels to frame. Two screws per shroud.



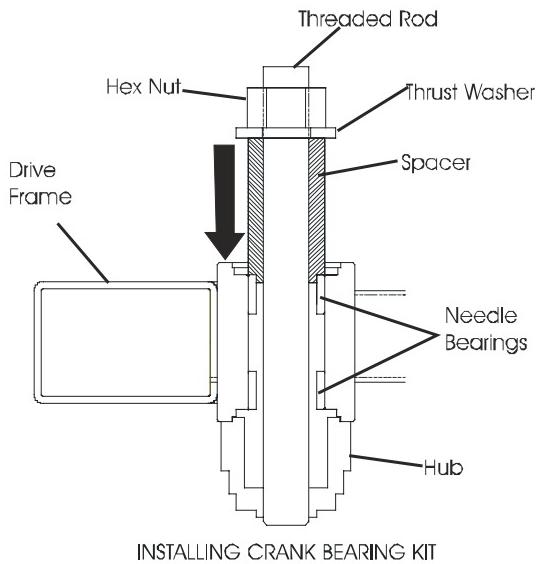
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How To...Replace Crossover Shaft & Bearings - Continued



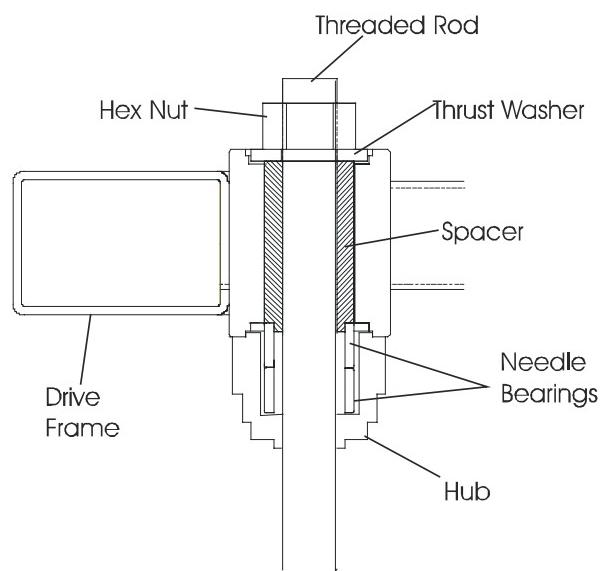
3. Walk off the Alternator Belt from the Alternator and Poly-V Pulley.
4. Walk off the Main Drive Belt from the Crank Pulley and Crossover Pulley.
5. Remove the screw and washer securing Poly-V Pulley to Crossover Shaft.
6. Remove two M6 set screws securing Poly-V Pulley to Crossover Shaft.
7. Remove the Poly-V pulley and Thrust Washer from Crossover Shaft.
8. Slide the Crossover Shaft out from the of users left side of frame and discard Crossover Shaft.

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9. Install the Bearing Puller on drive frame as shown.



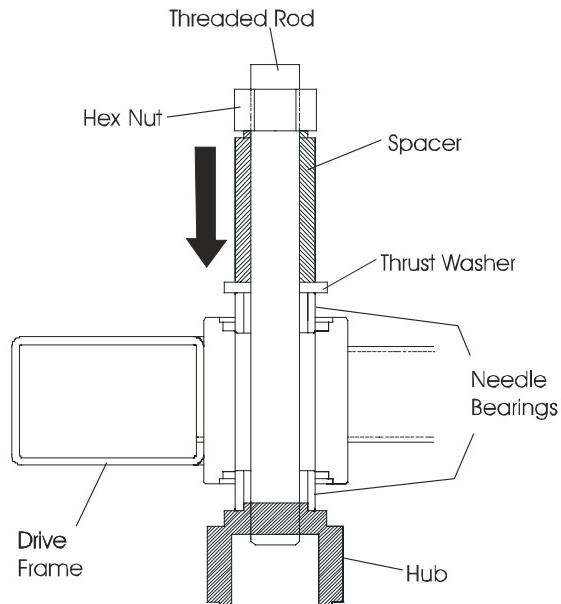
10. Press out the needle bearings by rotating the hex nut clockwise until the bearings drop into the Puller hub.
Once the bearings are out of the frame, disassemble the Puller assembly, and discard the bearings.



PUSHING OUT THE NEEDLE BEARINGS INTO THE HUB

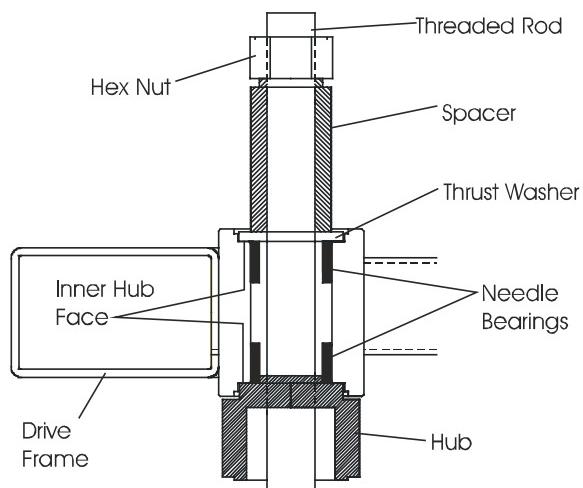
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11. Clean the housing before installing new needle bearings.
12. Position the new needle bearings and bearing tool as shown. Make sure bearings are aligned and square, with bearing markings facing outward.



INSTALLING NEW NEEDLE BEARINGS

12. Start tightening the hex nut. You may have to hold the spacer to keep it from turning.
13. Continue pressing in the new needle bearings until the thrust washer and hub stop against the frame housing shoulder.
14. Reassemble the Crossover pulley/shaft, Poly-V Pulley, belts and shrouds in reverse order.



PRESSING IN NEW BEARINGS